CAMP FORMAT

This six week camp will run from June 1st through July 9th, 2021. There will be five sessions per week, M-F, with each session running approximately 1 1/4 hours in length. Each session will be broken down into three training periods. Athletes will be grouped by age and development.

GENERAL INFORMATION

- 1. We will use a 15 to 1, athlete to rehab staff member ratio
- 2. We will use basic equipment (cones, hurdles, ladders, etc.) so this program can be transferred and reproduced at your school.
- 3. Testing procedures will be simple so that they will be easy to reproduce at your school.
- 4. We expect athletes to work hard as this is not designed just for fun.
- 5. Camps will be run outdoors unless affected by weather at which time the phone number you provide will receive a text informing of any pertinent changes to the location or schedule.
- 6. Football and soccer cleats are encouraged to be worn when outside due to many drills being performed on a grass surface.
- 7. Awards based on performance, attendance, etc will be given at the end of camp.





FRANCISCAN HEALTHCARE REHABILITATION

430 N Monitor West Point, NE 68788

CONTACT DETAILS

Phone: (402) 372-2372



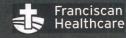
2021

SPORTS ENHANCEMENT PROGRAM

JUNE 1ST THROUGH JULY 9TH

<u>Presented by the Franciscan Healthcare</u>
<u>Rehabilitation team:</u>

Jeff Kirchmann, PT, DPT, CSCS- Doctor of Physical Therapy, Certified Strength and Conditioning Specialist



CAMP MISSION

Speed, Quickness, Agility, and Power are common terms in athletics, but how do we develop them?

Our camp is designed to teach these skills to student-athletes from grades 7 through 12 in a program that can be used year-round.

Most sports are explosive by nature, but many athletes' conditioning programs are not based on explosive drills. They are not training with the specificity needed to improve competitive skills. Our program has been designed to help the student-athlete develop these skills to their fullest potential.

GOALS OF CAMP

- 1.Reduce the number of injuries that athletes incur.
- 2.Increase the understanding and importance of incorporating flexibility and injury prevention to optimize athletic performance.
- 3.Educate athletes and coaches on all aspects of strength and conditioning
- 4. Utilize strength training and conditioning test protocols to improve results.
- 5. Give athletes and coaches information and school testing results that they can use to develop year round conditioning programs.
- 6. Help athletes reach their full potential.



REGISTRATION			
	NAME:		
	AGE/ENTERING GRADE:		
ADDRESS:			
	SCHOOL:SHIRT SIZE: S M L XL XXL		
	SHIRT SIZE: S M L XL XXL		
	Please return this form with \$100 registration		
	fee by May 14, 2021. Registration form and fee		
	must be sent together. Make checks payable		
	to Franciscan Healthcare.		
	WAIVER AND RELEASE		
	Ihereby waive and		
	release any and all claims, demands, and causes		
	of action which I may have, or anyone may have		
	through me against Franciscan Healthcare		
	Rehabilitation, and/orschool		
	for any injuries that I may incur arising out in		
	any way at the school during the following dates		
	of June 1, 2021 through July 9, 2021. I further		
	understand and acknowledge that neither		
	Franciscan Healthcare Rehabilitation nor the		
	school shall have any responsibility or liability		
	for lost, damaged, or stolen personal property. I		
	hereby grant Franciscan Healthcare the right and		
	authority to photograph, film and/or record me		
	vocally. These records may be used for		
	promotional or publicity purposes and may be		
	published in mass media publications, on the		
	Franciscan Healthcare intranet or internet sites,		
	or shown on television or movie presentations.		
	The participant's and family's name may be		
	used. This release is effective until revoked in		
	writing by the undersigned.		
I	Participant: Date:		
	Signature of Parent		
	Or legal Guardian:		
(if narticinant is a minor)		

Participant:	Date:
Signature of Parent	
Or legal Guardian:	
46	

Phone number

to be notified of schedule changes: